



Your Ex - Feel Nothing: Gain Emotional Control Following Relationship Breakdown, Self Hypnosis, Hypnotherapy CD

Rachael Eccles

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Your Ex - Feel Nothing: Gain Emotional Control Following Relationship Breakdown (Self Hypnosis)

Self Hypnosis CD by Clinical Hypnotherapist Rachael Eccles

This self hypnosis session is designed to help you to break free emotionally from your ex, so that you don't feel overwhelmed, you don't feel upset, sad, angry or jealous, you feel nothing for them, instead you are calm and in control and looking to the future. Listen to this recording daily if possible for approximately 3 weeks to gain the full effects, and then use it if and when required. The hypnotic suggestions will gradually take an effect upon your subconscious mind and the positive changes will begin to happen. You may notice improvements in the way you feel almost immediately, but do continue to use the CD as the effects will be consolidated. This CD contains complex, detailed suggestion therapy which is designed to have a powerful positive effect on your subconscious, so you can get over your ex, so you can let the sadness dissolve away and you can become happy again, your broken heart mended, restored and made strong

Look Rachael up on Google or amazon MP3 to hear a voice sample before making your purchase, because, as with all self hypnosis, it is best if you like the voice of the therapist.

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